

eWIC QUICK PICK GUIDE- MILK

- With eWIC, you now have choices at the store when you buy certain types of WIC-eligible foods.
- More options, may mean you may not be able to get the full amount of your WIC milk benefit*. This is due to the limits of food package sizes.
- Below are examples of your choices for WIC eligible milks.
- Ask your WIC Nutritionist for more details.



1 GALLON of MILK =
128 ounces

YOU CAN GET 1 of the
OPTIONS BELOW for
1 GALLON of MILK

1 GALLON of MILK

OR

2 Half GALLONS MILK

1 GALLON of MILK

OR

5 (12 oz.) CANS EVAPORATED
MILK*

1 GALLON of MILK

OR

1 (9.6 oz.) BAG
DRY-MILK POWDER*



+

1 (12 oz.) CAN
EVAPORATED MILK



If you have more gallons of milk, you can get more combinations of milk.

Turn over for more combinations of WIC eligible milks.

This institution is an equal opportunity provider.



MORE MILK COMBINATIONS:

2 GALLONS MILK =

4

Half GALLONS MILK



OR

**10 (12 oz.) CANS
EVAPORATED MILK***



OR

**2 (9.6 oz.) BAGS
DRY-MILK POWDER***



3 GALLONS MILK =

6

Half GALLONS MILK



OR

**16 (12 oz.) CANS
EVAPORATED MILK**



OR

**4 (9.6 oz.) BAGS
DRY-MILK POWDER**



4 GALLONS MILK =

8

Half GALLONS MILK



OR

**21 (12 oz.) CANS
EVAPORATED MILK***



OR

**5 (9.6 oz.) BAGS
DRY-MILK POWDER***



5 GALLONS MILK =

10

Half GALLONS MILK



OR

**26 (12 oz.) CANS
EVAPORATED MILK***



OR

**6 (9.6 oz.) BAGS
DRY-MILK POWDER***

